

Household Commodity Fact Sheet

**FRUIT AND NUT MIX, DRIED**

Date: April 2009

Code: A260

PRODUCT DESCRIPTION

- Dried fruit and nut mix may be made from almonds, dried cherries, dried cranberries, dried dates, dried figs, dried plums, raisins, and walnuts.

PACK/YIELD

- Dried fruit and nut mix is packed in a 1-pound bag, which is about 3 cups or about 12 servings (1/4 cup each).

STORAGE

- Store unopened dried fruit and nut mix in a cool, dry place.
- Store any opened dried fruit and nut mix in an air-tight container or re-sealable plastic bag in the refrigerator.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Dried fruit and nut mix may be eaten with no preparation as a quick and easy snack, or as a side dish at mealtime.
- Top yogurt or cottage cheese with the dried fruit and nut mix, or try it as a topping for cereal or low-fat ice cream.

NUTRITION INFORMATION

- 1/4 cup of dried fruit and nut mix count as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group of MyPyramid. For a 2,000-calorie diet, the daily recommendation is about 5 1/2 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1/4 cup (43g) dried fruit and nut mix

Amount Per Serving

Calories	135	Calories from Fat	40
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% Daily Value*

Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 2g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet.